



## Vegetable Sloppy Joes

T-010-00

Meatless Entree

G4G Color Code

Yellow

Sodium Code

Low

Time

40 min.

Yield

25 Portions

Each Portion

½ cup Filling + 1 Bun

Pan Size and Number

Steam-Jacketed Kettle, 12 x 20 x 2-Inch  
Steam Table Pans (2)

### Nutrition Facts

Calories 379  
 Carbohydrates 56 g  
 Sugars\* 18 g  
 Protein 32 g  
 Fat 7 g  
 Saturated Fat 1.4 g  
 Cholesterol 0 mg  
 Sodium 627 mg  
 Calcium 163 mg  
 Fiber 11.1 g

### Ingredients

Item	Measure	Weight	Approx issue
BULGUR, WHEAT, DRY	1-½ cups	8 oz	
WATER, BOILING	2 cups	1 lb	
MUSHROOMS, WHITE, DICED ¼-INCH	1-½ qt	1 lb	1 lb
PEPPERS, BELL, FRESH, GREEN, DICED ¼-INCH	1 qt + ½ cup	1 lb	1 lb 4 oz
ONION, FRESH, DICED ¼-INCH	1-½ cups	8-½ oz	9-½ oz
GARLIC, FRESH, MINCED	1 tbsp + 1 tsp	½ oz	¾ oz
OIL, VEGETABLE, CANOLA	2 tbsp	1 oz	
TEXTURED VEGETABLE PROTEIN, CRUMBLES	2 qt	2 lb 8 oz	
WATER, COLD	1 qt	2 lb	
KETCHUP	1-½ cups	15 oz	
SUGAR, BROWN, LIGHT	2 tbsp	1 oz	
MUSTARD, DIJON	2 tsp	½ oz	
PEPPER, BLACK, GROUND	1 tsp		
ROLLS, HAMBURGER, SPLIT	25-2 oz	3 lb 2 oz	

### Directions

1. In accordance with Armed Forces food safety protocol, reference the Produce Guideline Card for specific wash, sanitize, rinse and handling instructions for each fruit/vegetable in the recipe; this is critically important to ensure the safety of this

food.

2. Combine bulgur and boiling water together in a bowl; cover and allow to hydrate for 15 minutes.
3. In a steam-jacketed kettle or stock pot sauté mushrooms, peppers, onion and garlic for 10 minutes or until onions are transparent and vegetables are tender.
4. Add textured vegetable protein, water, ketchup, brown sugar, mustard, and black pepper to kettle; stir.
5. Bring to a boil; reduce heat. Simmer uncovered for 30 minutes; stirring occasionally. CCP: Temperature must reach 145°F (63°C) or higher for 15 seconds.
6. Serve immediately or CP: hold for hot service at 135°F (57°C) or higher. To serve portion ½ cup filling onto each bun.

### Recipe Notes

1. In Step 3, ¼ oz (2 tsp) granulated garlic, per 25 portions, may be substituted for fresh garlic.
2. In Step 6, ¼ recipe Hamburger Rolls, Recipe No. D-033-06, per 25 portions may be substituted for 25-2 oz RTU hamburger rolls or buns. Rolls may be heated, toasted or grilled.
3. For best results, assemble each sandwich to order.
4. A #8 scoop may be used to portion each serving.
5. If available, suggest substituting whole wheat hamburger buns for white.
6. Vegetable protein type used should be identified to alert customers of potential allergens.